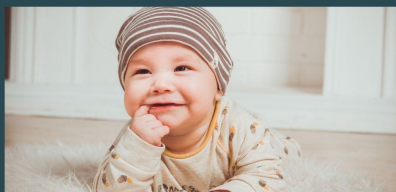


## Finally, Sleep for your Baby

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Sleep for  
your Baby**



The way babies are put to bed has an effect on sudden infant death syndrome or what's commonly known as crib death. The number of babies dying has halved due to better awareness about this.

Stop smoking and never let anyone smoke in the same room as your baby. Don't let any one smoke in your home at all.

Always lay your baby on her back to sleep so that her breathing is unimpeded and she can lose heat from her front, face and head.

Don't let your baby get too hot, since she isn't very efficient at controlling her temperature. If the air temperature feels hot to you, it's very hot for her.

Don't increase the amount of bedding when your baby is ill.

Never over wrap your baby. Cover her with a cotton sheet and cellular blankets according to the room temperature.

Lay your baby in the feet to foot position at the end of the crib so that she can't wriggle down under the blankets and get too hot.

Wakeful Babies

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Most babies develop a routine of sleeping for perhaps two hours in the morning and again in the afternoon, but there are always exceptions. While wakeful babies can be trying, they reward you in the end because they're usually very bright and affectionate, so don't be down hearted. Your baby is wakeful because she loves you and craves your friendship, she doesn't mean to starve you of sleep, she just wants to learn and be sociable. Every minute spent awake with you, she'll be forging new links with the world and developing many skills. Think about this, too when she's awake during the day, if she isn't tired, why should she sleep. From her point of view, it's much better for her to stay with you, so don't be surprised if she cries when you leave her.

### What You Can Try

Keep her temperature even touch her skin to check that she isn't too cold or hot, add or remove blankets if necessary. Check the room temperature a temperature of about 65°F (18°C) is comfortable.

Change her diaper if it's wet or soiled and soothe the diaper area with a mild diaper cream (zinc oxide), if necessary.

Use a rocking cradle or push her rhythmically in her carriage.

Play her a tap of the human heartbeat, the sound she heard in the womb.

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Play her music you listened to during pregnancy, or an old fashioned music box with a simple repetitive melody can be really effective.

Play her a tape of you and your partner quietly talking.

Put the crib on alternate sides of the bed each night so that you can take turns seeing to her. Talk to her and rock her, you don't need to pick her up.

If she's obviously reluctant to sleep get her up and put her in her baby chair where she can see you.

Hang a mobile over her crib so she has something interesting to watch when she wakes up. A mobile that plays music is ideal.

Fix a baby gym, with different noises and textures, across her crib or attach it to the bars so she can reach for it when she's bored.

### Blankets And Bedding

Use enough bedding to keep her comfortably warm. When your baby is under 12 months, don't give her a pillow, and don't use quilts, comforters, or baby nests because they also prevent loss of heat.

### Sleep And Your Older Baby

As your baby grows, her sleep pattern will gradually change, she'll begin to stay awake and alert for longer periods during the day, even after feedings. When she's being stimulated with play and talk from you, she'll start needing longer periods of sleep to recharge her energy levels. The trick is to persuade her that these longer sleep periods should be at night, to align with your own.

### Establishing A Bed Time Routine

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Your baby may well get upset at bed time she could be anxious about being separated from you or she may simply want to continue playing, so establishing a bed time routine is essential to build her confidence and to help her learn that there is a time when play time has to stop. Set up your own routine at a time to suit all of you for example, if you're working, you may want it to be a little later-but try not to vary the routine, whatever time you do it. A suggested routine might be as follows: Give her the final meal of the day preferably not her main meal.

Give her a bath with out too much romping, and change her in to her night clothes. Spend quiet time in your baby's room, sing gentle songs, or read a story (depending on her age and stage of development).

Give her the last breast feeding (unless your baby still wakes at night).

Lay her in her crib, with any security object she has become attached to, turn the dimmer switch down low, then sit quietly with her for a minute or two.

Go out of the room quietly, saying good night and leave the door open.

### Day Time Naps For Your Older Baby

As babies grow older, they sleep less and less, but up to 12 months your baby may still nap in the day time. Up to the age of three, many toddlers still rest during the day:

To help your baby relax and doze off, put her in her favorite place, which may not be her room. Make sure she has any special comforter or security object with her. Play calming music, let her have toys and books, and keep her with in earshot so she can hear you moving around. If she calls out to you, it's probably only for reassurance, so calmly call back.

If she doesn't want to sleep, that's okay; just make it a quiet time when she can sit in her crib and play. But never let her cry for longer than a few minutes with out going to her. If she's unhappy, that defeats the purpose of the nap.

If your baby falls asleep in the car, or her carriage, never wake her suddenly. Like you, she'll need time to adjust. Never leave her asleep alone in the car or in her carriage outside a store.

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